



CRANBERRY, CHERRY & WALNUT MARMALADE

Stabilization Week 3

INGREDIENTS

3/4 cup sugar
1 cup water
1/2 cup port, or other sweet red wine
1/4 TSP ground cinnamon
1/8 TSP freshly grated nutmeg
1/2 cup dried tart cherries
1 12-ounce package fresh or frozen cranberries
2/3 cup chopped walnuts, toasted (see Tip below)
1/2 TSP freshly grated orange zest

INSTRUCTIONS

—Combine sugar, water, port (or wine), cinnamon and nutmeg in a medium non-reactive saucepan* and bring to a boil. *(A non-reactive pan is stainless steel, enamel-coated or glass.)

—Add cherries and cook for 1 minute. Stir in cranberries; return to a boil. Reduce heat and simmer until about half the cranberries pop, 10 to 12 minutes. Remove from heat.

—Stir in walnuts and orange zest. Let cool completely. (The marmalade will thicken as it cools.) Serve at room temperature or chilled.

SERVING INFO: (Yields 16 servings): 1/4 cup = 1 FR

Tip: To toast chopped walnuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.